

# Are you pregnant and living in Hampton?

## **We are here to assist you in becoming the best parent that you can be!**

Please contact Hampton's Healthy Families Partnership program today to receive your free Resource Visit with one of our specially trained and highly qualified Family Resource Specialists.

## **What is the purpose of my Resource visit?**

The purpose of the Resource Visit is to identify what programs within the community would best meet your individual needs during your pregnancy.

## **Where is my Resource Visit done?**

The Resource Visit can be conducted in your home or at Hampton Healthy Families Partnership's office whichever you prefer.

## **What happens during my Resource Visit?**

Our specially trained Family Resource Specialist will talk with you about your individual concerns, interests, and needs in order to link you and your family to the best resources that will meet your needs during your pregnancy.



You can call 727-2636 to schedule your appointment or you can email us at [yef@hampton.gov](mailto:yef@hampton.gov).

*Schedule a resource visit  
to obtain information about:*

**FREE** child birth classes

**FREE** parenting classes

**FREE** infant massage classes

Educational, housing, and/or employment referrals



**Contact us  
today to schedule  
your appointment**

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**Youth, Education  
and Family Services**  
HAMPTON

**Our services will help you:**

- Prepare for the birth of your baby
- Know more about your child's development and what to expect, as they get older
- Work towards your goals and dreams for yourself, your family, and your baby.
- Learn about community resources for new parents
- Learn ways to make your home safer for your baby

100 Old Hampton Lane, Hampton, VA 23669  
[www.hampton.gov/yef](http://www.hampton.gov/yef)